

MEAL PLAN 45

Recipes and Prep Instructions



DINNER

BREAKFAST



[Cinnamon Roll Oatmeal](#)

Such a delicious breakfast!
(Adjust grocery list as needed)

SNACKS



[Baked Cauliflower Bites](#)

Oven-baked, NOT fried!
(Adjust grocery list as needed)

DESSERT



[Strawberry Brownies](#)

Use fresh OR frozen berries!
(Adjust grocery list as needed)

MONDAY



[Oven Baked Bone-in Pork Chops](#)

Turn a couple of humble pork chops into a juicy, succulent dinner using 4 ingredients and minimal prep time.

Optional side: [Air fryer apples](#)

TUESDAY



[Cream of Celery Soup](#)

When I need a light and healthy soup recipe that's still comforting, I make my cream of celery soup. It's velvety, rich, and super indulgent.

Optional side: [3-ingredient biscuits](#)

WEDNESDAY



[Panko Chicken](#)

On the days I need dinner ready, and fast, I make this panko chicken. It's done in 10 minutes, and the results are crispy, golden brown chicken cutlets every time.

Tip: Want a more Italian-leaning version of panko chicken? Make my [breaded chicken cutlets!](#)

THURSDAY



[Pan Grilled Grouper](#)

Featuring tender, simply seasoned grouper fillets, each one is grilled until flaky and buttery soft.

Optional side: [Coconut milk rice](#)

FRIDAY



[Pork Belly Burnt Ends](#)

If you love cooking pork belly, you have got to try my burnt ends. The pork is crisp yet tender, and the tangy BBQ glaze gets sticky and caramelized.

Tip: Read my tips on making them in the smoker, oven, or grill.

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Grocery List



MEAT

- Bone-in pork chops (4)
- Chicken breasts (4)
- Pork belly (3 ¼ lbs)

PRODUCE

- Onion (1)
- Celery (6 stalks)
- Potatoes (2 small)
- Garlic (1 head)
- Lemon (1)
- Fresh dill (1 tsp)

SEAFOOD

- Grouper fillets (4)

DAIRY

- Butter (¼ cup + 3 tbsp)
- Heavy cream (1 cup)

MISC.

- Eggs (2)
- Barbecue sauce (⅓ cup)

PANTRY

- Olive oil (¼ cup + 2 tbsp)
- Soy sauce (1 tbsp)
- Chicken broth (3 cups)
- Panko breadcrumbs (1 ½ cups)
- Brown sugar (¼ cup + 2 tbsp)
- Honey (2 tbsp)

SPICES

- Salt and black pepper
- Italian seasoning (1 tbsp)
- Dried parsley (½ tsp)
- Garlic powder (2 tsp)
- Onion powder (1 tsp)
- Smoked paprika (1 tsp)
- Paprika (2 tbsp)
- Chili powder (1 tsp)

MENU

Monday: [Oven baked bone-in pork chops](#)
Optional side: [Air fryer apples](#)

Tuesday: [Cream of celery soup](#)
Optional side: [3-ingredient biscuits](#)

Wednesday: [Panko Chicken](#)
Tip: Want a more Italian-leaning version of panko chicken? Make my [breaded chicken cutlets!](#)

Thursday: [Pan grilled grouper](#)
Optional side: [Coconut milk rice](#)

Friday: [Pork belly burnt ends](#)
Tip: Read my tips on making them in the smoker, oven, or grill.

Breakfast: [Cinnamon roll oatmeal](#)

Snack: [Baked cauliflower bites](#)

Dessert: [Strawberry brownies](#)